

The systems and methods of this invention use an index and digital audio and/or video recordings of an activity to provide access to recently recorded material. For example, users initiate audio and/or video recordings. An index, e.g.,  
5 an agenda, outlines the structure of the to be recorded event. The user selects an index item as an activity that corresponds to an index item is recorded. The recordings are then associated with the index. The user can then randomly access the recordings for playback, editing or further recording. The systems and methods of this invention additionally provide the means for correlating events and the corresponding index  
10 items with the recordings.

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